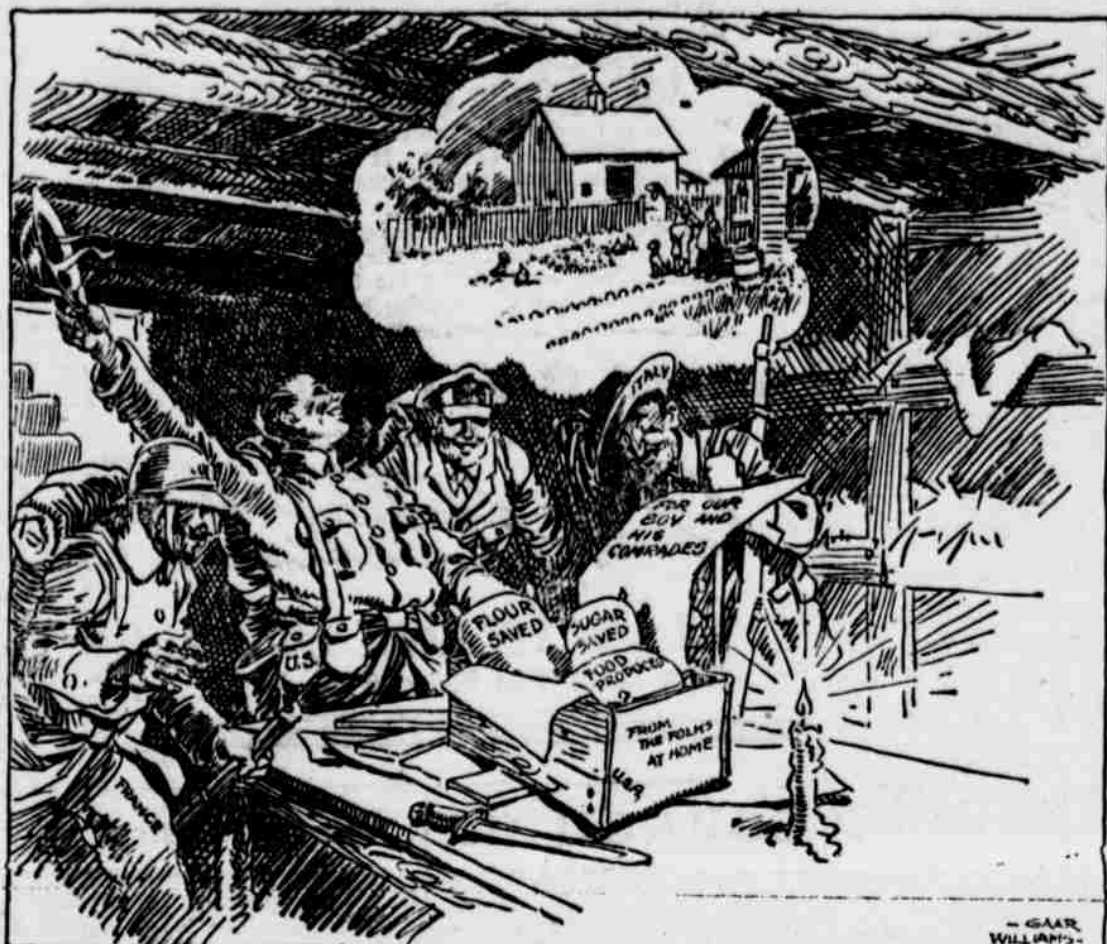


## A BOX FROM HOME



Drawn by Gear Williams, Division of Pictorial Publicity.

Food savings of millions of Americans during our first year of war enabled this government to send enormous food shipments abroad for our fighting forces and the Allied nations. Our savings in cereals—out of a short crop—amounted to 154,900,000 bushels; all of which was shipped to Europe. We increased our meat and fat shipments \$44,600,000 pounds. This was America's "box from home" to our army abroad and the civilians and military forces of the Allied nations.

## THE SUPREME SACRIFICE

Ves G. Brown, a son of Dan Brown, was a young farmer, thirty years of age, and lived in the Quail section. He answered the call for Over Sea Service under the Selective Draft, and last week answered the last call, and made the Supreme Sacrifice on the western front, giving his all to protect our Country, our Home, and our Flag. This is as much a loss of one of our citizens as if a Hun tramp had taken possession of a part of the field in which Mr. Brown was working and when he tried to drive him away, the Hun had shot and killed him. Had this happened in our country, we would all have been up in arms to avenge the blood of our neighbor and friend. Distance should make no difference, except to intensify our feelings of resentment.

The effect of the War has come to us more forcibly because of the loss of one of our Rockcastle County boys, so let us be up and doing; let us take the same oath to do our part; let us sow wheat to the limit; let us economize and help war needs with our money; let all who can volunteer for essential war work and all stand by the Government, seeing that every registered man takes his place. No slackers; no evading draft, but trust in God and our Government; do our duty and be men.

## Raise More • Spend Less

Buy Better  
AND  
Save To Win

Lard 25c per Pound  
THIS WEEK

## W.F. BAKER

THE BLUE FRONT

RIGHT OPPOSITE THE COURT HOUSE

## War Time Sweeteners



AMERICA has several excellent war time sweeteners that will be used largely during the shortage in the sugar supply. They are maple sugar, syrups, honey and molasses and may be used in preparing desserts and other dishes requiring sweetening. When a cup of syrup or honey is used to replace a cup of sugar the liquid in the recipes should be decreased one-fourth. One-third of a cupful of sugar is equivalent to one-third of a cup of honey, about one-half cup of syrup and about one-half cup of corn sugar. One-fourth of a cup of sugar is equal to about one-half cup of syrup or one-third cup of corn sugar. One tablespoon of sugar is equal to one tablespoon of honey, about one and one-half tablespoons of syrup and one and one-third tablespoons of corn sugar.

Sugar may be saved by the use of raisins, dates, figs, dried pears and fruit pastes used on the breakfast cereals. Fruit marmalades, butters and jellies should be used to take the place of the ordinary sweetening at a meal and not as accessories to it. Fruits may be preserved without sugar. It may be added when sugar is more plentiful. Preserving demands this year a thin syrup instead of a heavy syrup.

If sugar is used one-half of the amount may be replaced by another sweetener.

Drying is a means of preserving (without sugar) apples, cherries, strawberries and black caps.

When ready to use they may have added the needed sugar in the form of a syrup. When sugar is more plentiful fruit juices may be made into jellies or may be used as fruit juices with or without sugar, as beverages, fruit gelatins and frozen desserts.

Fresh fruits supply the place of sugar in the diet. They should be used freely. Desserts where sugar is scarce may be made of gelatins, junkets, custards, puddings and cakes.



## SHARE OUR SUGAR WITH THE ALLIES

British Get Two Pounds a Month.  
French Pound and Half,  
Italians One Pound.

GERMAN SUPPLY PLENTIFUL.

All Nations Permit Use of Sweetening for Home Preserving Purposes.

America's new sugar ration of two pounds a month per person is equitable when compared with the sugar ration enforced by rigid governmental order in England, France and Italy, nations with which we are sharing sugar.

Each Allied nation—in the matter of sugar consumption—is sharing on nearest possible equal terms the hardships imposed by greatly altered conditions in the world sugar situation.

Formerly classed as a luxury, sugar is now a war time essential. The fair and just division of this essential is in the hands of the various Allied food controllers.

The United States Food Administration has asked this nation to observe a voluntary sugar ration of two pounds per person a month.

In the other countries at war with Germany sugar is one of the scarce articles on every menu—whether in the households of both rich and poor, or in the hotels.

England today has a sugar ration of two pounds per month per person. In France the ration is a pound and a half and in Italy it is one pound a month. And the prices in allied countries are from two to three times as high as in America.

If you go to a hotel in England or France these days and order tea or coffee they serve absolutely no sugar with it. If you want sugar you must bring it with you.

In England it is allowable to use one-seventh of an ounce of sugar in the preparation of each luncheon. In France many persons carry little saccharine tablets about with them for use in hotels and in England rich and poor must take their sugar with them if they wish to have sweetened tea while visiting friends.

Before the war started France had 825,000 acres devoted to sugar production. By 1917 the French sugar acreage had decreased to 180,000 acres. Today the French man or woman with a sugar card has no assurance whatever that he or she will be able to actually buy sugar. To buy it, one must first find it.

Italy Has "State Sugar." Especially drastic regulations govern the use of sugar in Italy. Its manufacture, distribution and sale are closely controlled, and in part actually taken over by the state.

Saccharine is permitted to be sold and used as a substitute for sugar and the government manufactures a mixture of saccharine and sugar called "State Sugar," which is largely used.

Germany Sugar Ration Adequate. Germany, before the war, produced a great surplus of sugar and exported large quantities. Today the Germans have virtually gone out of the export business, but have plenty of cheap sugar for home use.

Wholesale prices prevalent in the Allied nations, according to information received by the United States Food Administration are as follows: England, 10 cents a pound; France, 12 cents; Italy, 26 cents.

While these high prices are being paid abroad the American wholesale price is being held at 7 1/2 cents.

## Fourth Liberty Loan

The campaign for the Fourth Liberty Loan will begin Sept. 28 and close October 19. The result of the loan will be watched with keen interest in Europe, not only by our associates in the war against the Teutonic powers but by our enemies. It will be regarded by them as a measure of the American people's support of the war.

The Germans know full well the tremendous weight and significance of popular support of the war, of the people at home backing up the Army in the field. As the loan succeeds our enemies will sorrow; as it falls short they will rejoice. Every dollar subscribed will help and encourage the American soldiers and hurt and depress the enemies of America.

The loan will be a test of the loyalty and willingness of the people of the United States to make sacrifices compared with the willingness of our soldiers to do their part. There must be and will be no failure by the people to measure up to the courage and devotion of our men in Europe. Many of them have given up their lives shall we at home withhold our money? Shall we spare our dollars while they spare not their very lives?

The Fourth Liberty Loan campaign, no American doubts its success; no good American will fail to contribute to its success. The blood of our men fallen in Europe calls to us; our answer must be and will be worthy of them and our country.

## MORE THAN 70,000 GERMANS CAPTIVE

Since the being of the Allied counter offensive on July 18, the Allies have taken more than 70,000 prisoners and more than 1,000 guns, the Echo de Paris states today. In addition, it estimates more than 10,000 machine guns have been captured by the enemy.

## GERMANY IS COMPELLED TO SEEK AID FROM AUSTRIANS

Germany has been compelled to call upon Austria-Hungary for help on the western front and Austro-Hungarian troops are arriving there. These troops are being sent to quiet sectors of the front.

An Austrian division which Emperor Charles sent hurriedly westward to help out his hard-pressed German ally has not yet appeared in the line. It is at present, in fact, encamped in Belgium and is reported as showing no anxiety to get into the raging furnace to the southwest.

## WITHERS

Ben Mullins was in McKee last week. —Lee Ingram and wife and little daughter Hazel, of Bond are visiting relatives at this place. —Mrs. Tom Allen and children, of Berea, visited her parents, Mr. and Mrs. Thos. Daugherty last week. —Borned, to the wife of Ben Mullins, August 4 a girl. —J. H. Mullins and J. H. Roberts was in Livingston Monday. —Mrs. Estill Mullins returned from a visit with relatives at Harrison Tuesday. She was accompanied home by her sister, Miss Elsie Bullock. —Estill and Forrester

Mullins was in Mt. Vernon from Friday until Sunday. —Rev. Parker filled his regular appointment at Cave Ridge Saturday and Sunday. —Miss Ada Mullins who is teaching over in Jackson was with her parents Saturday and Sunday. —Misses Minnie and Ola Durham, of Cruise, were with their grandparents, Mrs. and Mrs. Thos. Daugherty Saturday and Sunday. —Misses Rebecca and Fannie Allen accompanied by Mrs. Henry Black visited their sister, Mrs. Jack Howard of Cooksburg Sunday. —Miss Sarah B. Roberts was the guest of her friend, Miss Mary Mullins Sunday.

## SHEEP—WOOL

### A WAR CALL.

Our County, Rockcastle County need more sheep. The United States has a million fewer sheep than when the war opened. The world is short 54,000,000 sheep. The need of wool is constantly increasing. Our army needs more wool every day. It requires the wool from 20 sheep to clothe one soldier. Sheep will give you two crops each year—Wool and Lambs.

The most effective Dog Law in the United States now protects you against the sheep-killing dog. Live sheep are worth more than ever before. The price of wool is good and fixed.

It is our patriotic duty to raise sheep and help clothe one soldier, if you can't clothe one entirely. Investment in sheep is a sound business. Sheep are an asset to your community. They restore soil fertility, they are profitable and supply necessities to our people.

### REMEMBER.

That when you fail to respond when called upon, you cannot call yourself a Patriotic American.

### A SUGGESTION.

If you have ewes and ewe lambs and must sell—besure and find some one in the County who wants sheep—there are a number of farmers in our county who want sheep. Our Live Stock

Committee of which Mr. H. T. Young is Secretary—write him, for if you have ewes to sell also if you want to buy, this committee will look after your needs. Our bank will soon have a Farmers' Exchange Board for use of the bank if you have sheep to sell or to buy, and let's transfer in this County.

## ROCKCASTLE COUNTY SHEEP GROWERS ASSOCIATION.

Tuesday Aug. 6th, the Rockcastle Co. Sheep Growers Association was organized. The first Saturday in September the Association meets to perfect the organization and to record its membership. All the sheep raisers and those who are interested in raising sheep are asked to be at the first Annual Meeting. We want the membership to reach 100 at the first meeting. Every farmer in the County is urged to be present on the first Saturday, in the afternoon of September meeting held in Court House. The Articles of Association are to be adopted—Come and be a part of first Sheep Growers Association in the County.

Robert F. Spence,  
County Agent.

## CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears the  
Signature of *Chas. H. Fletcher*

## THERE'S A THRIFT MESSAGE For our customers in each article here Advertised

Lawns worth 15c a yard now 10c a yard.  
Voiles worth 30c a yard now 25c a yard.  
Foulards worth 30c a yard now 25c a yard.  
25 inch Percals worth 25c a yard now 15c  
36 inch Percals worth 30c a yard now 20c  
Ginghams worth 25c a yard now 20c  
Ginghams worth 30c a yard now 25c  
Naisook 25c and 30c a yard.  
36 inch Blue Silk Taffeta \$1.50 a yard.  
Plaid and striped silk Taffetas \$1.60 to \$2. a yard.  
Good quality 36 inch Black Taffeta \$1.35 a yard.  
Best quality 36 inch Black Taffeta \$1.75 a yard.  
36 inch Silk Poplin, all colors \$1.00 a yard.  
Summer Kool Silks in beautiful plaids \$1.00 a yard.

It's hardly necessary to emphasize the fact that these prices take on double significance this year. Make it your economic duty to take advantage of them.

## JOHN ROBINS BROADHEAD

# Save Food

120 million  
Allies  
must eat

United States Food Administration